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fats and sugar



in war
time

FATS AND SUGAR

SAVING IS SERVING

“The capacity of a nation to wage war is measured by its ability to maintain production, and especially to save.” We cannot all produce food, but we can all save it by using it sparingly or by substituting other things for the wheat, meat, fats, and sugar needed by our soldiers and Allies. Fats and sugar are both important sources of body fuel and should be used sparingly and without waste.

FUEL FOR FIGHTERS

Fats are concentrated foods supplying more than twice as much energy as an equal weight of starch or sugar. Not only are they needed

FATS to feed a fighting army but fats are also used in making munitions. The war has increased the demand for fats enormously, but has decreased their production. The lack of patriotism in wasting fats or using more than is necessary at this time is plainly seen. The fats in the ordinary diet fall naturally into two groups: those eaten because they happen to be components of foods, like the fat in milk, meats, or fish, and those like butter, salad oils, or lard, which are added to other foods in cooking or serving. The general nature of fats, the place of fats in the diet, and methods of economy in their use are explained in a publication of the U. S. Department of Agriculture entitled “Fats and Their Economical Use in the Home” (Department Bulletin 469). This is no longer available for free distribution by the Department of Agriculture but may be obtained from the Superintendent of Documents, Washington, D. C., for five cents. It can probably be consulted also in your Public Library. The Department has also published a circular called “Use of Soy-bean Flour to Save Wheat, Meat, and Fat” (Office of the Secretary, Circular 113). It is shown that in the making of quick breads from soy-bean flour, by the recipes given, no added fat is needed.

SAVE SUGAR FOR THE MAN WHO FIGHTS

Sugar, like fat, is valuable both as a fuel food and to make the whole diet more appetizing. It is also an energy-yielding food, and the quan-

SUGAR tity needed by the human body varies in proportion to the amount of muscular work performed. It is generally believed that the energy from sugar is liberated for the use of the body more quickly than that from such other fuel foods as starch and fat.

Hence it is said to delay the oncoming of fatigue during great muscular exertion. For this reason some form of sweet is included in almost all army rations. In addition to this increased need for our soldiers and sailors, the Allies need sugar. The battle lines and enemy territory now include much of their sugar land, so that more and more they are

turning to us and our sources of supply. Information about the place of sugar in the diet may be found in "Sugar and Its Value as Food" (Farmers' Bulletin 535).

What we call sugar is only one form; sirups, honey and sweet fruits—especially dried ones such as figs, dates, and raisins—really belong to the same food group. These forms of sugar, however, cannot be sent so easily overseas, and even brown sugar ferments during the ocean voyage. The increased use of these foods at home will effect a saving of the sugar which along with wheat, meat, and fat has become a war commodity. Directions as to methods of sugar saving are given in "Save Sugar. Use Other Sweets" (U. S. Food Leaflet No. 15).

If available, sugar is, of course, desirable in the canning of all kinds of fruits, as it makes a better and ready-sweetened product. However, when sugar is scarce, any fruit may be successfully canned by the use of boiling water instead of the hot sirup. Definite directions for canning fruit without sugar may be found in "Home Canning by the One-Period Cold-Pack Method" (Farmers' Bulletin 839). The Home Economics Demonstrator in your town or county will also be able to give you valuable suggestions about adapting directions to your local needs.

HOW TO GET INFORMATION

All the Farmers' Bulletins and Food Leaflets mentioned in this text are available for free distribution by the U. S. Department of Agriculture as long as the supply lasts, except where otherwise noted. The extension divisions of the State agricultural colleges have published some valuable material on methods of saving fats, uses of various fats, and utilization of waste fats, as well as on sugar conservation by the use of less well-known substitutes. These State Bulletins are intended primarily for free distribution to the citizens of the State issuing them. An inquiry addressed to your State agricultural college will bring you information as to whether anything on these subjects has been issued by your State.

In addition to the authoritative publications of the U. S. Government and the States, there are many books on food, and those written since the war began contain material on the conservation of fats and sugar. As these books vary greatly in value, however, you should consult your Home Economics Demonstrator or the reference librarian of your Public Library as to which are authoritative. It will be helpful to read at least a few of these good books. Ask for them at your Public Library.

"The Essential Is a Sincere and Patriotic Will to Save and Thus Serve the Country"

